What to say after...
Your obligatory prayers

أَسْتَغْفِرُ اللهَ (ثَلَاثاً)

1. Astaghfirullāh (Say it three times)

I ask for Allāh's forgiveness (Say it three times)

اللَّهُمَّ أَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ، تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ.

2. Allāhumma antas-Salāmu wa minkas-salāmu, tabārakta yā dhal-Jalāli wal-Ikrām

Allāh, You are the Perfect Peace and peace comes from You. Blessed are You, O Owner of majesty and honour.[1]

1 Muslim

Benefits

Remembrance of Allāh is done in order to make up for any deficiency in your prayer

The Angels seek forgiveness for the person who recites these supplications after the prayer till he rises from his position...

لَا إِلَهَ إِلَّا اللهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، اللَّهُمَّ لَا مَانِعَ لِمَا أَعْطَيْتَ، وَلَا مُعْطِيَ لِمَا مَنَعْتَ، وَلَا يَنْفَعُ ذَا الْجَدِّ مِنْكَ الْجَدُّ.

3. Lā ilāha illallāhu waḥdahū lā sharīka lahū, lahul-mulku wa lahul-ḥamdu wa Huwa `alā kulli shay'in Qadīr. Allāhumma lā māni` limā a`tayta, wa lā mu`tiya limā mana`ta, wa lā yanfa`u dhal-jaddi minkal-jadd.

None has the right to be worshipped but Allāh alone who has no partner. His is the dominion and to Him belongs all praise; He has power over all things. O Allāh, none can withhold what You give, and none can give what You have withheld; and the might of the mighty person cannot benefit him against You.[1]

Benefits

Khaṭṭābī said: "The essence of supplication is a person's displaying his dire need of Allāh whilst realising the basic truth that he has no power or ability to change (anything by himself). This is the mark of ***true servitude****...."*

1 Bukhārī and Muslim

لَا إِلَهَ إِلَّا اللهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللهِ، لَا إِلَهَ إِلَّا اللهُ، وَلَا نَعْبُدُ إِلَّا إِيَّاهُ، لَه النِّعْمَةُ وَلَهُ الْفَضْلُ وَلَهُ الثَّنَاءُ الْحَسَنُ، لَا إِلَهَ إِلَّا اللهُ مُخْلِصِينَ لَهُ الدِّينَ وَلَوْ كَرِهَ الْكَافِرُونَ.

4. Lā ilāha illallāhu waḥdahū lā sharīka lahū, lahul-mulku wa lahul-ḥamdu wa Huwa `alā kulli shay'in Qadīr. Lā ḥawla wa lā quwwata illā billāh. Lā ilāha illallāhu, wa lā na`budu illā iyyāhu, lahun-ni`matu wa lahul-faḍlu wa lahuth-thanā'ul-ḥasanu. Lā ilāha illallāhu mukhliṣīna lahud-dīna wa law karihal-kāfirūn.

None has the right to be worshipped but Allāh alone who has no partner. His is the dominion and to Him belongs all praise; He has power over all things. There is no →

Benefits

It is narrated in Bayhaqī that our Prophet ﷺ said: "For everything there is a polish, and the polish for the hearts is the remembrance of Allāh."

power or might except by Allāh. None has the right to be worshipped but Allāh, and we do not worship any other besides Him. Grace and beneficence are His and to Him belongs the most excellent praise. None has the right to be worshipped but Allāh. (We are) sincere in making our religious devotion to Him, even though the disbelievers may dislike it. [1]

Benefits

Imām Muslim adds (point 5) that our Prophet ﷺ said: "Whoever says this after every prayer will be forgiven his sins though they be like the foam of the sea"

سُبْحَانَ اللهِ، وَالْحَمْدُ للهِ، وَاللهُ أَكْبَرُ

(ثَلَاثاً وَثَلَاثِينَ)

5. *Subḥānallāhi, walḥamdu lillāhi wallāhu akbar,*

Repeat it 33 times, the total is 99 after which the 100th phrase is:

لَا إِلَهَ إِلَّا اللهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ.

Lā ilāha illallāhu waḥdahū lā sharīka lah, lahul-mulku wa lahul-ḥamdu wa Huwa `alā kulli shay'in Qadīr.

Transcendent is Allāh, all praise be to Allāh, Allāh is the Greatest - Repeat it 33 times, then

1 Muslim

say the following phrase - None has the right to be worshipped but Allāh alone who has no partner. His is the dominion and to Him belongs all praise; He has power over all things.

بَسْمِ اللهِ الرَّحْمَنِ الرَّحِيمِ "قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ۞ مِنْ شَرِّ مَا خَلَقَ ۞ وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ۞ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ۞ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ".

6. Bismillāhir-Raḥmānir-Raḥīm. "Qul a`ūdhū birabbil-falaq. Min sharri mā khalaq. Wa min sharri ghāsiqin idhā waqab. Wa min sharrin-naffāthāti fīl-`ūqad. Wa min sharri ḥāsidin idhā ḥasad."

With the Name of Allāh, the All Merciful, the Most Merciful. "Say: I take refuge with the Lord of daybreak, from the evil of what He created, from the evil of darkness as it envelops, from the evil of those who blow on knots, and from the evil of an envier when he envies." (*al-Falaq* 113:1-5).

Benefits

Ibn al-Qayyim said: "Remembrance endows a person with love which is the very spirit of Islām, the pivotal point of religion and the axis of eternal happiness and deliverance. Allāh has opened a way of access to everything, and the way to love is constancy in remembrance..."

بَسْمِ اللهِ الرَّحْمَنِ الرَّحِيمِ "قُلْ أَعُوذُ بِرَبِّ النَّاسِ ۞ مَلِكِ النَّاسِ ۞ إِلَهِ النَّاسِ ۞ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ۞ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ۞ مِنَ الْجِنَّةِ وَالنَّاسِ"

Bismillāhir-Raḥmānir-Raḥīm. "Qul a`ūdhū birabbin-nās. Malikin-nās. Ilāhin-nās. Min sharril-waswāsil-khannās. Alladhī yuwaswisu fī ṣudūrin-nās. Minal-jinnati wannās."

With the Name of Allāh, the All Merciful, the Most Merciful. "Say: I take refuge with the Lord of mankind, the King of mankind, the God of mankind, from the evil of the Stealthy Whisperer, who whispers in people's breasts, (coming) from the jinn and man." (*al-Nās* 114:1-6)

Benefits

*These **two sūrahs** should be recited in arabic after each prayer.*

*After **Fajr** and **Maghrib** they should be recited **three times** each.*

Recorded (point 6) in Abū Dāwūd, Tirmidhī, Nasā'ī

اللهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا
تَأْخُذُهُ سِنَةٌ وَلَا نَوْمٌ لَهُ مَا فِي
السَّمَاوَاتِ وَمَا فِي الْأَرْضِ مَنْ ذَا
الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ يَعْلَمُ مَا
بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلَا يُحِيطُونَ
بِشَيْءٍ مِنْ عِلْمِهِ إِلَّا بِمَا شَاءَ وَسِعَ
كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ وَلَا
يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ.

7. "Allāhu lā ilāha illā Huwal-Ḥayyul-Qayyūm, lā ta'khudhuhū sinatun wa lā nawm, lahū mā fis-samāwāti wa mā fīl-arḍ, man dhal-ladhī yashfa`ū `indahū illā bi idhnihī, ya`lamu mā bayna aydīhim wa mā khalfahum, wa lā yuḥīṭūna bishay'im-min `ilmihī illā bi mā shā'a, wasi`a kursiyyuhus-samāwāti wal arḍ, wa lā ya'ūduhu hifẓuhumā, wa Huwal-`Aliyyul- `Aẓīm."

Benefits

This is the greatest āyah in the Noble Qur'ān known as the Verse of the Throne – Āyatul-Kursī (al-Baqarah 2:255)

The narration (point 7) of Nasā'ī adds, "Nothing stops a person who recites this verse except death"

It should be recited in arabic after every prayer.

Allāh, there is none worthy of worship save Him, the Living, the Self-Sustaining. He is not subject to drowsiness or sleep. Everything in the heavens and the earth belongs to Him. Who can intercede with Him except by His permission? He knows what is before them and what is behind them but they cannot grasp any of His knowledge save what He wills. His Footstool encompasses the heavens and the earth and their preservation does not tire Him. He is the Most High, the Magnificent. (Recite in Arabic after each prayer.)

لَا إِلَهَ إِلَّا اللهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ يُحْيِي وَيُمِيتُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ.

8. Lā ilāha illallāhu waḥdahū lā sharīka lahū, lahul-mulku wa lahul-ḥamdu yuḥyī wa yumītu wa Huwa `alā kulli shay'in Qadīr.

None has the right to be worshipped but Allāh alone who has no partner. His is the dominion and to Him belongs all praise. He gives life and He causes death; He has power over all things.

Benefits

Recite (point 8) ***ten times*** *in Arabic after* ***Fajr*** *and* ***Magrhib*** *prayers.*

Recorded in Tirmidhī and Aḥmad

What to say in the...
Mornings & Evenings

In this section the supplications are in general for both the morning and evening, although where highlighted, there are slight changes in the wording which should be followed when reciting for the evening.

Anas ﵁ said that he heard the Prophet ﷺ say: "Sitting with people remembering Allāh, Most High, from the morning (*Fajr*) prayer until sunrise is more beloved to me than freeing four slaves from the Children of Ismā`īl. Sitting with people remembering Allāh from the afternoon (*`Aṣr*) prayer until the sun sets is more beloved to me than freeing four slaves from the Children of Ismā`īl."[1]

1 Abū Dāwūd

اللهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَةٌ وَلَا نَوْمٌ لَهُ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَيْءٍ مِنْ عِلْمِهِ إِلَّا بِمَا شَاءَ وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ.

1. *"Allāhu lā ilāha illā Huwal-Ḥayyul-Qayyūm, lā ta'khudhuhū sinatun wa lā nawm, lahū mā fis-samāwāti wa mā fīl-arḍ, man dhal-ladhī yashfa`ū `indahū illā bi idhnihī, ya`lamu mā bayna aydīhim wa mā-khalfahum, wa lā yuḥīṭūna bishay'im-min `ilmihī illā bi mā shā'a, wasi`a kursiyyuhus samāwāti wal arḍ, wa lā ya'ūduhu hifẓuhumā, wa Huwal-`Aliyyul-`Aẓīm."*

Benefits

*Ḥākim whose narration adds (point 1), "Whoever says this when he rises in the **morning** will be protected from the jinn until he retires in the evening, and whoever says it when retiring in the **evening** will be protected from them until he rises in the morning."*

Allāh, there is none worthy of worship save Him, the Living, the Self-Sustaining. He is not subject to drowsiness or sleep. Everything in the heavens and the earth belongs to Him. Who can intercede with Him except by His permission? He knows what is before them and what is behind them but they cannot grasp any of His knowledge save what He wills. His Footstool encompasses the heavens and the earth and their preservation does not tire Him. He is the Most High, the Magnificent.

بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيمِ "قُلْ هُوَ اللَّهُ أَحَدٌ ۞ اللَّهُ الصَّمَدُ ۞ لَمْ يَلِدْ وَلَمْ يُولَدْ ۞ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ"

2. Bismillāhir-Raḥmānir-Raḥīm. "Qul Huwallāhu Aḥad. Allāhus-Ṣamad. Lam yalid wa lam yūlad. Wa lam yakun lahū kufuwan aḥad"

With the Name of Allāh, the All Merciful, the Most Merciful. "Say: He is Allāh, the One and only. Allāh, the Everlasting Sustainer of all. He fathered none, nor was He born. And no one is comparable to Him." (*al-Ikhlāṣ*)

Benefits

Surūh al-Ikhlāṣ equates to 1/3rd of the Qur'ān.

Reciting these verses every day in the morning and evening upon ourselves and our children is one of the best means protecting us from the problems surrounding us.

بَسْمِ اللهِ الرَّحْمَنِ الرَّحِيمِ "قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ۞ مِنْ شَرِّ مَا خَلَقَ ۞ وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ۞ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ۞ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ".

Bismillāhir-Raḥmānir-Raḥīm. "Qul a`ūdhū birabbil-falaq. Min sharri mā khalaq. Wa min sharri ghāsiqin idhā waqab. Wa min sharrin-naffāthāti fīl-`ūqad. Wa min sharri ḥāsidin idhā ḥasad."

With the Name of Allāh, the All Merciful, the Most Merciful. "Say: I take refuge with the Lord of daybreak, from the evil of what He created, from the evil of darkness as it envelops, from the evil of those who blow on knots, and from the evil of an envier when he envies." (*al-Falaq* 113:1-5).

بِسْمِ اللهِ الرَّحْمَنِ الرَّحِيمِ "قُلْ أَعُوذُ بِرَبِّ النَّاسِ ۞ مَلِكِ النَّاسِ ۞ إِلَهِ النَّاسِ ۞ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ۞ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ۞ مِنَ الْجِنَّةِ وَالنَّاسِ"

Bismillāhir-Raḥmānir-Raḥīm. "Qul a`ūdhū birabbin-nās. Malikin-nās. Ilāhin-nās. Min sharril-waswāsil-khannās. Alladhī yuwaswisu fī ṣudūrin-nās. Minal-jinnati wannās."

With the Name of Allāh, the All Merciful, the Most Merciful. "Say: I take refuge with the Lord of mankind, the King of mankind, the God of mankind, from the evil of the Stealthy Whisperer, who whispers in people's breasts, (coming) from the jinn and man."
(*al-Nās* 114:1-6)

Benefits

Ibn al-Qayyim said: "These two chapters are of immense benefit and every single servant is in need of them, and this need is essential and indispensable. They have a potent effect in repressing magic, the evil eye and indeed every form of evil. The need that a servant has of these two chapters is greater than the need he has of rest, food, drink and clothes."

أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلّهِ وَالْحَمْدُ لِلّهِ، لَا إِلَهَ إِلَّا اللّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، رَبِّ أَسْأَلُكَ خَيْرَ مَا فِي هَذَا الْيَومِ وَخَيْرَ مَا بَعْدَهُ، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِي هَذَا الْيَوم وَشَرِّ مَا بَعْدَهُ، رَبِّ أَعُوذُ بِكَ مِنَ الْكَسَلِ، وَسُوءِ الكِبَرِ، رَبِّ أَعُوذُ بِكَ مِنْ عَذَابٍ فِي النَّارِ وَعَذَابٍ فِي الْقَبْرِ

3. *Aṣbaḥnā wa aṣbaḥal-mulku lillāhi wal-ḥamdu lillāhi, lā ilāha illallāhu waḥdahū lā sharīka lahū, lahul-mulku wa lahul-ḥamdu wa Huwa `alā kulli shay'in Qadīr. Rabbi as'aluka khayra mā fī hādhal-yawmi wa khayra mā ba`dahū wa a`ūdhu bika min sharri mā fī hādhal-yawmi wa sharri mā ba`dahū, Rabbi a`ūdhu bika minal-kasali, wa sū'il-kibari, Rabbi a`ūdhu bika min `adhābin fin-nāri wa `adhābin fil-qabri.*

Benefits

*When reciting this **morning** supplication for the **evening**, take note of the two differences in wording which can be found detailed on the next page (the two areas are highlighted by the change of colour in the text)*

We have started a new day[1] and with it all dominion is Allāh's. Praise be to Allāh, none has the right to be worshipped but Allāh alone who has no partner. To Allāh belongs the dominion, and to Him belongs all praise; He has power over all things. My Lord, I ask You for the good in this day and the days that come after it, and I take refuge in You from the evil in this day and the days that come after it.[2] My Lord, I take refuge in You from laziness and helpless old age. My Lord, I take refuge in You from the punishment of the Fire, and from the punishment of the grave.[3]

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1 When you say this **in the evening** you should say أَمْسَيْنَا وَأَمْسَى الْمُلْكُ لِلّٰهِ *Amsaynā wa amsal-mulku lillāh...*: "We have ended another day and with it all dominion is Allāh's..."

2 When you say this **in the evening** you should say: رَبِّ أَسْأَلُكَ خَيْرَ مَا فِي هَذِهِ اللَّيْلَةِ وَخَيْرَ مَا بَعْدَهَا، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِي هَذِهِ اللَّيْلَةِ وَشَرِّ مَا بَعْدَهَا *Rabbi as'aluka khayra mā fī hādhihil-laylati, wa khayra mā ba`dahā, wa a`ūdhu bika min sharri mā fī hādhihil-laylati wa sharri mā ba`dahā*: "I ask You for the good in this night and the nights that come after it, and I take refuge in You from the evil in this night and the nights that come after it."

3 Bukhārī and Muslim

اللَّهُمَّ بِكَ أَصْبَحْنَا، وَبِكَ أَمْسَيْنَا، وَبِكَ نَحْيَا، وَبِكَ نَمُوتُ وَإِلَيْكَ النُّشُورُ.

4. *Allāhumma bika aṣbaḥnā, wa bika amsaynā, wa bika naḥyā, wa bika namūtu wa ilaykan-nushūr.*

O Allāh, by You we enter the morning and by You we enter the evening, by You we live and by You we die, and to You is the resurrection.[1]

اللَّهُمَّ بِكَ أَمْسَيْنَا، وَبِكَ أَصْبَحْنَا، وَبِكَ نَحْيَا، وَبِكَ نَمُوتُ وَإِلَيْكَ الْمَصِيرُ.

5. *Allāhumma bika amsaynā, wa bika aṣbaḥnā, wa bika naḥyā, wa bika namūtu wa ilaykal-maṣīr.*

O Allāh, by You we enter the evening and by You we enter the morning, by You we live and by You we die, and to You is the Final Return.[2]

Benefits

*Say point 4 in the **mornings only**.*

*Say point 5 in the **evenings only.***

1,2 Tirmidhī

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ، وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ، أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ، أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ، وَأَبُوءُ بِذَنْبِي فَاغْفِرْ لِي فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ.

6. *Allāhumma Anta Rabbī lā ilāha illā Anta, khalaqtanī wa anā `abduka, wa anā `alā `ahdika wa wa`dika mastaṭa`tu, a`ūdhu bika min sharri mā ṣana`tu, abū'u laka bi ni`matika `alayya, wa abū'u bidhanbī faghfir lī fa innahū lā yaghfirudh-dhunūba illā Anta.*

O Allāh, You are my Lord, there is none worthy of worship but You. You created me and I am your slave. I keep to Your covenant and my pledge to You as much as I can. I take refuge in You from the evil of what I have done. I acknowledge Your blessings upon me and I admit my sins. Forgive me, for there is none who forgives sins besides You.

Benefits

Ibn al-Qayyim said: "Remembrance strengthens both heart and body. Remembrance brings provision."

اللَّهُمَّ إِنِّي أَصْبَحْتُ أُشْهِدُكَ وَأُشْهِدُ حَمَلَةَ عَرْشِكَ، وَمَلَائِكَتَكَ وَجَمِيعَ خَلْقِكَ، أَنَّكَ أَنْتَ اللهُ لَا إِلَهَ إِلَّا أَنْتَ وَحْدَكَ لَا شَرِيكَ لَكَ، وَأَنَّ مُحَمَّداً عَبْدُكَ وَرَسُولُكَ.

7. *Allāhumma innī aṣbaḥtu ush-hiduka wa ush-hidu ḥamalata `arshika, wa malā'ikataka wa jamī`a khalqika, annaka Antallāhu lā ilāha illā Anta waḥdaka lā sharīka laka, wa anna Muḥammadan `abduka wa Rasūluka.*

O Allāh, I have entered a new morning[1] and call upon You, upon the bearers of Your Throne, upon Your angels and all creation to bear witness that You are Allāh, there is none worthy of worship but You alone, You have no partners, and that Muḥammad is Your servant and Messenger. (Recite four times in Arabic.)

Benefits

*Bukhārī, in his al-Adab al-Mufrad adds (for point 7), "Allāh will spare whoever says this four times in the **morning** or **evening** from the fire of Hell."*

1 When you say this **in the evening** you should say, اللَّهُمَّ إِنِّي أَمْسَيْتُ *Allāhumma innī amsaytu....*: "O Allāh, I have ended another day..."

اللَّهُمَّ مَا أَصْبَحَ بِي مِنْ نِعْمَةٍ أَوْ بِأَحَدٍ مِنْ خَلْقِكَ فَمِنْكَ وَحْدَكَ لَا شَرِيكَ لَكَ، فَلَكَ الْحَمْدُ وَلَكَ الشُّكْرُ.

8. *Allāhumma mā aṣbaḥa bī min ni`matin aw bi aḥadin min khalqika faminka waḥdaka lā sharīka laka, falakal-ḥamdu wa lakash-shukru.*

O Allāh, whatever blessing has come to me or any of Your creatures by morning[1] is from You alone, You have no partner. All praise is for You and gratitude is due to You.

Benefits

*Whoever recites this in the **morning** has completed his obligation to thank Allāh for that day; and whoever says it in the **evening**, has completed his obligation for that night.*

Recorded (point 8) by Abū Dāwūd and Nasā'ī

1 When you say this **in the evening** you should say, اللَّهُمَّ مَا أَمْسَى *Allāhumma mā amsā....*: "O Allāh, whatever... by evening..."

اللّهُمَّ عافِني في بَدَني ، اللّهُمَّ عافِني في سَمْعي ، اللّهُمَّ عافِني في بَصَري ، لا إلهَ إلاّ أَنْتَ (ثَلَاثاً)

اللّهُمَّ إِنّي أَعوذُبِكَ مِنَ الْكُفرِ، وَالفَقْر ، وَأَعوذُبِكَ مِنْ عَذابِ القَبْر، لا إلهَ إلاّ أَنْتَ (ثَلَاثاً)

9. Allāhumma `āfinī fī badanī, Allāhumma `āfinī fī sam`ī, Allāhumma `āfinī fī baṣarī, lā ilāha illā Anta (Say it three times)
Allāhumma innī a`ūdhu bika minal-kufri, wal-faqri, wa a`ūdhu bika min `adhābil-qabri, lā ilāha illā Anta. (Say it three times)

O Allāh, grant my body good health. O Allāh, preserve my hearing for me. O Allāh, preserve my sight for me. There is none worthy of worship but You. (Say it three times) O Allāh, I take refuge in You from disbelief and poverty, and I take refuge in You from the punishment of the grave. There is none worthy of worship but You. (Say it three times) [1]

Benefits

It is recorded in Tirmidhī that our Prophet ﷺ said: "There is nothing nobler than supplication in Allāh's sight."

1 Abū Dāwūd and Aḥmad

حَسْبِيَ اللهُ لَآ إِلَهَ إِلَّا هُوَ عَلَيْهِ
تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ.

10. *Ḥasbiyallāhu lā ilāha illā Huwa `alayhi tawakkaltu wa Huwa Rabbul-`Arshil-`Aẓīm.*
(Say it seven times in Arabic)

Allāh is sufficient for me. There is none worthy of worship but Him. I have placed my trust in Him, He is Lord of the Majestic Throne. (Say it seven times in Arabic)

اللّهُمَّ عافِني في بَدَني، اللَّهُمَّ إِنِّي
أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا
وَالْآخِرَةِ، اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ
وَالْعَافِيَةَ فِي دِينِي وَدُنْيَايَ وَأَهْلِي
وَمَالِي، اللَّهُمَّ اسْتُرْ عَوْرَاتِي، وَآمِنْ
رَوْعَاتِي، ←

Benefits

Reported additionally (point 10) by Abū Dāwūd : "Allāh will grant whoever recites this ***seven times*** *in the* ***morning*** *or* ***evening*** *whatever he desires from this world or the next."*

اللَّهُمَّ احْفَظْنِي مِنْ بَيْنِ يَدَيَّ، وَمِنْ خَلْفِي، وَعَنْ يَمِينِي، وَعَنْ شِمَالِي، وَمِنْ فَوْقِي، وَأَعُوذُ بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ تَحْتِي.

11. *Allāhumma innī as'alukal-`afwa wal `āfiyata fid-dunyā wal ākhirati, Allāhumma innī as'alukal-`afwa wal `āfiyata fī dīnī wa dunyāya wa ahlī wa mālī. Allāhum-mastur `awrātī, wa āmin raw`ātī. Allāhum-maḥfaẓnī min bayni yadayya, wa min khalfī, wa `an yamīnī, wa `an shimālī, wa min fawqī, wa a`ūdhu bi `aẓamatika an ughtāla min taḥtī*

O Allāh, I ask for Your pardon and good health in this world and the next. O Allāh, I ask for Your pardon and soundness in my religion, my worldly affairs, my family and my wealth. O Allāh, conceal my secrets and protect me from anguish. O Allāh, guard me from what is before me, behind me, my left, my right and above me. I take refuge in Your greatness against being struck down from beneath me.[1]

Benefits

In this world, we should find in the remembrance of Allāh, praising Him and worshipping Him, a delight that is incomparable to anything else.

1 Abū Dāwūd and Ibn Mājah

اللَّهُمَّ عَالِمَ الْغَيْبِ وَالشَّهَادَةِ فَاطِرَ السَّماوَاتِ وَالْأَرْضِ، رَبَّ كُلِّ شَيْءٍ وَمَلِيكَهُ، أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ، أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي، وَمِنْ شَرِّ الشَّيْطَانِ وَشِرْكِهِ، وَأَنْ أَقْتَرِفَ عَلَى نَفْسِي سُوءاً، أَوْ أَجُرَّهُ إِلَى مُسْلِمٍ.

12. Allāhumma `Ālimal-ghaybi wash-shahādati fāṭiras-samāwāti wal arḍi, Rabba kulli shay'in wa malīkahu, ash-hadu an lā ilāha illā Anta, a`ūdhu bika min sharri nafsī, wa min sharrish-shayṭāni wa shirkihi, wa an aqtarifa `alā nafsī sū'an, aw ajurrahu ilā Muslimin.

O Allāh, Knower of the unseen and the seen, Originator of the heavens and the earth, Lord of everything and its owner; I bear witness that there is none worthy of worship but You. I take refuge in You from the evil of my soul and from the evil of Satan and his (inciting towards) *shirk*. (I take refuge in You) from bringing evil upon my soul or harming any Muslim.[1]

1 Abū Dāwūd and Tirmīdhī

Benefits

Ibn al-Qayyim said: "Remembrance adorns the one who practices it with dignity, sweetness and radiance."

Benefits

*Tirmidhī and Abū Dawūd includes (point 13) with the words, "Whoever recites it **three times** in the **morning** will not be afflicted by any calamity before evening, and whoever recites it **three times** in the **evening** will not be overtaken by any calamity before morning."*

*Tirmidhī and Aḥmad include (point 14) with the words, "Allāh has promised that anyone who says this **three times** every **morning** or **evening** will be pleased on the Day of Rising."*

بِسْمِ اللهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ. (ثَلَاثاً)

13. *Bismillāhil-ladhī lā yaḍurru ma`as-mihī shay'un fil-arḍi wa lā fis-samā'i wa Huwas-Samī`ul- `Alīm.* *(Say it three times in Arabic)*

In the Name of Allāh with whose Name nothing can cause harm, neither in the earth nor in the heavens. He is the All-Hearing, the All-Knowing. (Say it three times in Arabic)

رَضِيتُ باللهِ رَبّاً، وَبِالْإِسْلَامِ دِيناً، وَبِمُحَمَّدٍ صَلَى اللهُ عَلِيهِ وَسَلَّمَ نَبِيّاً. (ثَلَاثاً)

14. *Raḍītu billāhi Rabban, wa bil-Islāmi dīnan, wa bi Muḥammadin ṣallallāhu `alayhi wa sallam Nabiyyan.* *(Say it three times in Arabic)*

I am pleased with Allāh as my Lord, with Islām as my religion and with Muḥammad ﷺ as my Prophet. (Say it three times in Arabic)

يَا حَيُّ يَا قَيُّومُ بِرَحْمَتِكَ أَسْتَغِيثُ أَصْلِحْ لِي شَأْنِي كُلَّهُ وَلَا تَكِلْنِي إِلَى نَفْسِي طَرْفَةَ عَيْنٍ.

15. *Yā Ḥayyu yā Qayyūmu biraḥmatika astaghīthu aṣliḥ lī sha'nī kullahu wa lā takilnī ilā nafsī ṭarfata `aynin.*

O Ever Living One, O Self-Sustaining One, by Your mercy do I ask for Your support in setting all my affairs right. Do not leave me to my soul for so much as the blink of an eye.[1]

أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلَّهِ رَبِّ الْعَالَمِينَ اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ هَذَا الْيَوْمِ فَتْحَهُ وَنَصْرَهُ وَنُورَهُ وَبَرَكَتَهُ

→

1 Ḥākim

Benefits

Ibn al-Qayyim said : "Remembrance endows one with vigilance (al-murāqaba), which opens the door of self reform. Entering it, the servant worships Allāh as if he were seeing Him. There is no way for the heedless man to reach the station of excellence (iḥsān), any more than for a seated man to reach his home."

وَهُدَاهُ وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِيهِ وَشَرِّ مَا بَعْدَهُ

16 a. *Aṣbaḥnā wa aṣbaḥal-mulku lillāhi Rabbil-`ālamīn. Allāhumma innī as'aluka khayra hādhal-yawmi: Fatḥahu wa naṣrahu wa nūrahu, wa barakatahu, wa hudāhu, wa a`ūdhu bika min sharri mā fīhi wa sharri mā ba`dahu.*

We have started a new day and with it all dominion is Allāh's, Lord of all being. O Allāh, I ask You for the good in this day: its victory, its help, its light, its blessings and its guidance. I take refuge in You from the evil that is in it and from the evil that follows it.

Benefits

*Point 16 a should be said in the **morning** only and Point 16 b in the **evening** only*

أَمْسَيْنَا وَأَمْسَى الْمُلْكُ لِلَّهِ رَبِّ الْعَالَمِينَ اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ هَذِهِ اللَّيْلَةِ فَتْحَها وَنَصْرَها وَنُورَها وَبَرَكَتَها وَهُدَاها وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِيها وَشَرِّ مَا بَعْدَها

16 b. *Amsaynā wa amsal-mulku lillāh Rabbil `Ālamīn, Allāhumma innī as'aluka khayra ma fī hadhihil Laylati Fatḥahā wa naṣrahā wa nūrahā, wa barakatahā, wa hudāhā, wa a`ūdhu bika min sharri mā fīhā wa sharri mā ba`dahā*

We have ended the day and with it all dominion is Allāh's, Lord of all being. O Allāh, I ask You for the good in this night: its victory, its help, its light, its blessings and its guidance. I take refuge in You from the evil that is in it and from the evil that follows it.

أَصْبَحْنَا عَلَى فِطْرَةِ الْإِسْلَامِ وَعَلَى كَلِمَةِ الْإِخْلَاصِ، وَعَلَى دِينِ نَبِيِّنَا مُحَمَّدٍ صَلَى اللهُ عَلِيهِ وَسَلَّمَ، وَعَلَى مِلَّةِ أَبِينَا إِبْرَاهِيمَ، حَنِيفاً مُسْلِماً وَمَا كَانَ مِنَ الْمُشْرِكِينَ

17. *Aṣbaḥnā `alā fiṭratil-Islāmi wa `alā kalimatil-ikhlāṣi, wa `alā dīni Nabiyyinā*

Benefits

Ibn al-Qayyim reported that it was said: "In this world there is a paradise, whoever does not enter it will not enter the Paradise of the Hereafter."

Muḥammadin (ṣallallāhu `alayhi wa sallama), wa `alā millati abīnā Ibrāhīma, ḥanīfan Musliman wa mā kāna minal-mushrikīn.

We have started a new day[1] upon the natural religion of Islām, the statement of sincerity, the religion of our Prophet, Muḥammad ﷺ, and the faith of our father, Ibrāhīm. He was upright and devout, and a Muslim. He was not one of the polytheists.[2]

سُبْحَانَ اللهِ وَبِحَمْدِهِ.

18. *Subḥānallāhi wa biḥamdihī*

(Say it one hundred times in Arabic)

Allāh is Transcendent and all praise is due to Him. (Say it one hundred times in Arabic)

لَا إِلَهَ إِلَّا اللهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Benefits

Bukhārī, adds (for 18), "Whoever recites this one hundred times in the morning and in the evening will not be surpassed on the Day of Rising by anyone having done better than this except for someone who had recited it more."

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1 When you say this **in the evening** you should say, أَمْسَيْنَا *Amsaynā:* "We end this day ..."

2 Tirmīdhī and Aḥmad

19. *Lā ilāha illallāhu waḥdahū lā sharīka lahū, lahul-mulku wa lahul-ḥamdu, wa Huwa `alā kulli shay'in Qadīr.* *(Say it ten times in Arabic or one time to ward off laziness)*

None has the right to be worshipped but Allāh alone who has no partner. His is the dominion and to Him belongs all praise; He has power over all things. (Say it ten times in Arabic or one time to ward off laziness)

سُبْحَانَ اللهِ وَبِحَمْدِهِ: عَدَدَ خَلْقِهِ، وَرِضَا نَفْسِهِ، وَزِنَةَ عَرْشِهِ وَمِدَادَ كَلِمَاتِهِ. (ثَلَاثاً)

20. *Subḥānallāhi wa biḥamdihī: `adada khalqihī, wa riḍā nafsihī, wa zinata `arshihī wa midāda kalimātihī.* *(Recite three times in Arabic upon rising in the morning)*

Allāh is Transcendent and all praise belongs to Him: in quantity, reaching the number of His creation, achieving His good-pleasure, amounting to the weight of His Throne, and equalling the extent of His words. (Recite three times in Arabic upon rising in the morning) [1]

Benefits

*Allāh will record one hundred good deeds for whoever says, '(point 19)' **ten times** in the **morning**, and forgive him one hundred sins. He will have the reward of freeing a slave and will be protected from Satan throughout the day until dusk. Whoever says it in the **evening** will have the same reward." Recorded by Aḥmad*

1 Muslim

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْماً نَافِعاً، وَرِزقاً طَيِّباً، وَعَمَلاً مُتَقَبَّلاً.

21. *Allāhumma innī as'aluka `ilman nāfi`an, wa rizqan ṭayyiban, wa `amalan mutaqabbalan.* *(Say in Arabic upon rising in the morning)*

O Allāh, I ask You for beneficial knowledge, wholesome provision and deeds that will be accepted. (Say in Arabic upon rising in the morning) [1]

أَسْتَغْفِرُ اللهَ وَأَتُوبُ إِلَيْهِ

22. *Astaghfirullāha wa atūbu ilayhi.*

I ask Allāh's forgiveness and turn to Him in repentance.

(Say it one hundred times in Arabic during the day) [2]

أَعُوذُ بِكَلِمَاتِ اللهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

23. *A`ūdhu bikalimātillāhit-tāmmāti min sharri mā khalaqa.*

I take refuge in Allāh's Perfect Words from the evil of what He has created. (Recite three times in Arabic in the evening)

Benefits

*Aḥmad and Tirmidhī in addition add (point 23), "Whoever recites this **three** times in the **evening** will be protected from insect stings."*

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1 Muslim

2 Bukhārī and Muslim